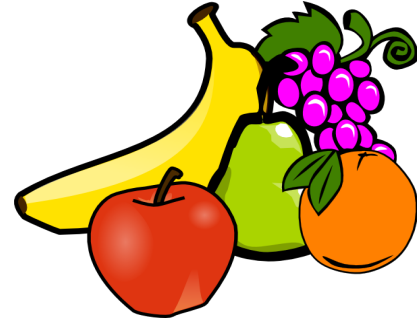


Having diabetes can lead to a heart attack or stroke— *but it doesn't have to.*

Take action now:

- Eat more fruits, vegetables, beans, and whole grains.
- Eat tasty foods that have less salt, saturated fat, and *trans* fat. Order a [free recipe booklet and meal planner](#) for making healthy meals by calling 1-888-693-NDEP (1-888-693-6337).
- Get at least 30 minutes of physical activity on most days or every day. Physical activity helps you keep a healthy weight.
- Stop smoking—ask for help to quit. Call 1-866-657-867 (1-866-NJSTOPS).
- Take medicines the way your doctor tells you.
- Ask your doctor about taking medicine to protect your heart, such as aspirin or a statin.



Ask your family and friends to help you take care of your heart and your diabetes.

CALL the EPWC for information about diabetes prevention and diabetes control workshops: 973-972-4623. Ask for Ms. Schoenherr.



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